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For bloating, gas, and preventing IBS abdominal pain!



Peppermint Sale! Teas, Capsules, and Kits!
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- * [Peppermint Tummy Teas](#) * [Tummy Tamers Peppermint Oil Capsules](#)
- * **Bulk Kit** [Peppermint Oil Caps](#) - already discounted, save even more!
- * [Tummy Teabag Kit](#) with Pep Caps, Fennel & Peppermint Tummy Teas!
- * **Bulk Kit** [Peppermint Tea Bags](#) - already discounted, save even more!

Peppermint is Best for IBS Pain, Spasms, and Cramps!

January 17, 2012 ~ Scroll down for full newsletter or follow the links:

Ask Heather » [High Volatile Oil Peppermint! Why Is This Special For IBS?](#)

IBS Recipe Special » [IBS Cooking Shows on YouTube! Lemon Herb White Fish Recipe](#)

News & Research » [Chronic Heartburn a Growing Problem in U.S.](#)
» [Today Show Recommends Peppermint Oil Caps for IBS](#)

Special Letter » [An Undomesticated Princess Shares an Amazing Story](#)



**Have questions? Call toll free (866) 640-4942.
Outside the US (206) 264 8069.**

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Heather Van Vorous & Heather's Tummy Care
Celebrating 10 Years of IBS Business!

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Food & Recipes

Lemon Herb White Fish with Brown Rice and Mesclun Salad

This recipe is simple, flavorful, and easy to make on a work night. It comes together with basic pantry ingredients and is one my go-to recipes when I don't have much time or energy to spend in the kitchen. Why is it safe for IBS? Watch the video and find out!

[Watch Heather Cooks! on YouTube and get the recipe below!](#)



You can even get [all the IBS cooking shows on DVD!](#)

Makes 2 Servings (easily doubled)

1 white fish fillet, about 1 lb. total (cod, halibut, etc.)
1 large garlic clove, minced
1/4 teaspoon dried or 2 teaspoons fresh rosemary leaves
generous dash pepper
generous dash salt
1 teaspoon olive oil
1 medium to large lemon, thinly sliced, seeded, end pieces discarded

Preheat oven to 450F and place a heavy baking sheet in oven to preheat as well. Cut a large rectangle of foil and place fish fillet in the center of the foil. Combine all remaining ingredients except lemon slices in a small bowl and stir well. Spread mixture evenly over fish, scatter lemon slices on top, and fold the edges of the foil up over each fillet, crimping edges tightly.

Place fish packages on preheated baking sheet and bake 10 minutes per inch of fish thickness (so if your fillet is half an inch thick, cook for just 5 minutes). Fish is done when it just starts to flake in the center. Serve fish over brown rice.

While the fish is cooking, make the rice...

Brown Rice

Makes 2 servings

1/2 cup brown rice
1 cup water

Rinse rice in water several times, and drain. Add water to rice and bring to a boil. Reduce heat to very low, cover, and simmer until rice is tender and fluffy, about 30 minutes.

While rice is cooking, make the salad...

Mesclun Salad with Balsamic Honey Mustard Dressing

Makes 2 Servings:

Salad:

2 cups mesclun or mixed greens
2-3 T diced tomatoes
2-3 T diced, peeled, seeded cucumbers

Combine all ingredients in two small serving bowls.

Dressing:

1 T honey

1 T Dijon or stone ground mustard

balsamic vinegar to taste

optional - several whole peppercorns (black, white, green, and/or pink)

Blend honey and mustard in a small bowl with a fork until emulsified. Drizzle in balsamic vinegar until dressing is just thin enough to pour over greens. Taste and add more vinegar if desired. Crush whole peppercorns with a mortar and pestle or in a spice grinder. Blend crushed peppercorns into dressing and drizzle over salad.

Are you just learning how to eat for IBS? A little intimidated at the thought of special IBS recipes? Not quite sure just what makes these recipes special in the first place? Don't worry! Get [Eating for IBS](#) and find the answers to all your questions.



**[Try the IBS Diet Kit #2 - for Diarrhea AND Constipation!](#)
[Five Star Reviews!](#) ★★★★★**

*** Eating for IBS - the Groundbreaking Diet and Cookbook**

*** Organic Acacia Tummy Fiber ~ for IBS Pain, Diarrhea and Constipation!**

*** Peppermint Oil Tummy Tamers with Fennel Oil ~ Prevent Bloating and Gas!**

Special Letters

An Undomesticated Princess Shares an Amazing Story

Dear Heather,

I'm your latest success story. I posted my first entry yesterday on the boards, and wanted to contact you directly with my heartfelt, eternal thanks as well.

I'm 56 and have suffered from IBS-D since early childhood. My father and his mother also had IBS-D, indigestion was common in my extended family, yet my digestive upsets were dismissed as attention-getting devices. I turned to alcohol, drugs and overeating junk food for solace at 14, carrying from 10 to 60 extra pounds at any given time. Never stuck with a health regimen long enough to get fit in my adult life, have been incredibly self-destructive as long as I can remember.

At about 20, I finally told my family doctor about my chronic diarrhea. He diagnosed me (but ran no tests) with IBS, and prescribed dicyclomine to 'slow down the process' as he put it, and suggested I 'eat more fiber.' 4 pills per day made me feel like a zombie, but I did find relief taking one at bedtime. For 30+ years that one pill a night seemed to keep my IBS under control, except after exceptional pig-outs. Meanwhile, my lifelong diet consisted of everything on the [Trigger Foods](#) list, preferably fried, plus lots and lots of 'fiber' - raw vegies, fruits, popcorn, whole grains and breads, all washed down with coffee,

teas, daily boozing & daily carbonated sodas. I rarely ate anything on the soluble fiber list, except for fried potatoes & buttered white breads.

About 2003 or 2004, I quit taking dicyclomine, thinking it might be depressing my metabolism and 'making me fat.' Uhm... no, that would be due to my insanely unhealthy lifestyle, but I was determined to quit the stuff. As I recall now, around then my digestive system only reacted to large doses of fatty foods, or way too much alcohol at a sitting, so I barely remembered my long-ago diagnosis of IBS. I never met another person with this problem who would discuss it, so I was completely uninformed on the subject.

In May 2009 I had finally had enough of 'being fat.' My level of self-loathing was overwhelming and finally caught up with me, coming from a skinny, tall family... so I stopped eating anything, except for a few almonds, store-bought protein drinks, a few spoonfuls of plain yogurt, and of course... wine in the evenings in front of the TV. I told myself from that day forward I would only eat "healthy, nutritious foods" and suddenly, nothing looked good enough to me. The weight lifted off of me like smoke. Maybe a lot of my 'fat' was bloat - my body was in a state of constant uproar with all the irritating substances I ingested. I ignored my hunger pangs and consumed under 500 calories daily for 3 months. Then my body rebelled - a severe UTI and yeast infection set in. Went to my gynecologist and was put on the strongest oral & suppository antibiotics available. They finally gave me relief from the infections and as a bonus - I'd been forced to quit drinking alcohol.

Late in 2010 I realized I needed medical attention for the constant burning sensation tucked up inside my liver. I was hoping it was 'just gas' but of course turned out to be gallstones, and I had my gallbladder removed in late December. None of the MD's I saw said a word about diet or nutrition. A few of the nurses told me they were completely lactose intolerant since their surgery. One said, "I can have a big, juicy steak - but NO dairy!" That stuck with me - I'll eat lots of beef and other nutrient-rich foods, what a great idea! I weighed 104 on the way into the operating room & looked like the Crypt Keeper at 55 years old. My base state was severely anxious about eating anything.

Fast forward 9 months and uncounted diarrhea attacks. I managed to gain about 9 pounds at one point, only to lose it all in a few days of purging. It dawned on me slowly that I was never going to 'get well' -- this was my life now. I had developed severe Interstitial Cystitis symptoms due to the horrible state of my bowels, ingesting cranberry pills, juice & lemon juice constantly to acidify my urine. In mid-August developed yet another UTI, but didn't even realize it until I was passing blood. It hurt so much to pee all the time, I barely noticed when it escalated to searing pain.

In early September watching a morning news show, I realized I had all the symptoms of clinical depression, including constant anxiety & daily thoughts of suicide. I was seriously pondering killing myself because I could no longer digest food and was dying slowly anyway. I lived in torment. And I wanted out. A few days later after the worst attack ever, and before I jumped off a tall building, I decided to sit down in front of my PC to search for answers. Somehow I had never thought to search the Internet for information about IBS.

I found your website. I sat and cried while reading the testimonials. I ordered the [Eating for IBS](#) book, the [Acacia Tummy Fiber](#) and hypnotherapy course. Received them on the 17th and have been following the diet since.

I'm on Day 48 of Michael Mahoney's [wonderful IBS hypnotherapy course](#) - OH am I glad I ordered this!!!! My anxiety levels are practically nil again, what an enormous relief! Also have since ordered [IBS - The First Year](#) and your peppermint and fennel [Tummy Teas](#). What a huge help they ALL are.

Here is my regimen: 40 mgs dicyclomine daily, 1 loperamide with my first meal, 1000 mgs calcium citrate, one peppermint capsule before breakfast, daily fennel & peppermint teas. I'm up to several teaspoons of the Tummy Fiber mixed in with moist foods or cooked into the breads and soups (your recipes) and all the snack mix and sourdough bread I can eat. The fiber seems to be key - the more I ingest, the better my digestive system behaves. I dice or puree nuts & vegies and other insoluble fibers into stews, your Hearty Chowder has been my staple. (I add Trader Joe's canned white chicken meat to it, and it's utterly delicious. And I made it!)

I am eliminating normally with zero pain, cramps or cystitis symptoms of any kind. I reached this state about a week ago, took me awhile to relax and stabilize and eat enough. I was so afraid to eat anything when I started this. I weigh 106 now but am getting stronger & much more active with every passing day.

(I also take 200 mgs of metoprolol for heart palps/hypertension and 'bio-identical' HRT: estrogen & testosterone creams and progesterone pills.)

I stopped cooking years ago, mostly eating out or out of boxes... so had to change my mindset and habits completely in order to have safe food to eat. It wasn't easy, I am an undomesticated princess, considering time spent in the kitchen as completely wasted. I whine & struggle with all the cooking, but I do find it's getting easier with practice, and greater success. My chocolate applesauce loaves are HEAVEN. Thank You so much for sharing your cherished recipes with us, Heather. You are incredibly generous.

Heather, as many have said before me - I can truthfully say you have given me my life back. I was done, ready to give up. I grabbed onto your lifeline and didn't let go. You have guided me back to the light. Your writing style is perfect. You deliver hard facts and no nonsense. And you tell the truth. And sell valuable, high quality products for fair prices. I've written a lot but there are truly no words for my gratitude and appreciation.

A million thanks to everyone at Heather and Company - you are all My Heroes!

Warm Regards,
Marcia Harlan

Thank you so, so much, Marcia! I think you are the real hero here. It is absolutely wonderful to know you're doing so much better! ~ Heather

Did you miss the recent letter from Doris, whose mother is [95 years old and got a broken neck from IBS?](#)

~ Heather's Tummy Tamers Peppermint Oil Capsules ~



Peppermint Oil Caps Called "Drug of Choice for IBS"

Our Peppermint Oil Caps have the added benefits of fennel and ginger oils, and they help *prevent* abdominal pain, gas, and bloating!

Rx News & Research

Chronic Heartburn a Growing Problem

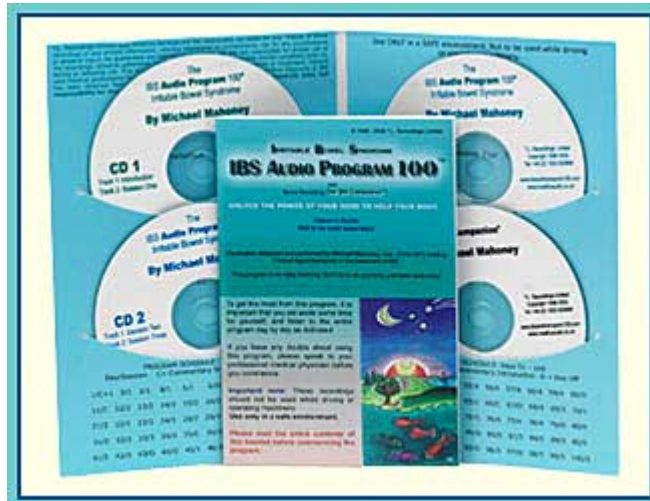
Heartburn and acid reflux strike many people as an annoying and painful but ultimately harmless problem -- a result of overindulgence and gluttony that must be endured, much like a hangover after a night of drinking. But frequent bouts of heartburn and reflux constitute a real medical condition known as gastroesophageal reflux disease, or GERD, and GERD is on the rise worldwide.

"The overall prevalence is increasing over the past decades," said Dr. Ronnie Fass, a medical advisory board member for the International Foundation for Functional Gastrointestinal Disorders who's also a professor of medicine at the University of Arizona and chief of gastroenterology at the Southern Arizona VA Health Care System.

If left untreated, GERD can lead to bleeding or ulcers in the esophagus, a buildup of scar tissue that makes swallowing difficult and, in extreme cases, esophageal cancer, according to the U.S. National Institutes of Health. [Go here for full research article.](#)

Researchers call gut-directed hypnotherapy a "cure" for IBS!

The Best Gut-Directed Self-Hypnosis Program for All IBS Symptoms



Gives an average 85% reduction of pain and bowel dysfunction symptoms.
[Listen to IBS Audio Program 100 samples!](#)

Ask Heather

Why Peppermint Tummy Tea is So Special for IBS [\(see for yourself!\)](#)

Peppermint has an ancient history as a remedy for digestive upsets, and in general is a wonderful herb for quickly **relieving (and even preventing) IBS symptoms**.

The traditional use of peppermint has some interesting science behind it. Menthol and methyl salicylate are the main active ingredients of peppermint, and these elements are **found in the volatile oil** content of the mint leaves.

Internally, these compounds have **anti-spasmodic actions**, with calming effects on the smooth muscles of the stomach, intestinal tract, and uterus. They also have powerful analgesic (**pain-killing**) properties, which are mediated, in part, through activation of kappa-opioid receptors, which help block pain signal transmission.

The volatile oils in peppermint, when taken as **medicinal strength brewed tea** or as enteric-coated **peppermint oil capsules**, are extremely useful for IBS. Clinical studies have shown that peppermint helps IBS abdominal **pain and spasms, diarrhea, and urgency** (and it will NOT worsen constipation). Peppermint is also anti-bacterial, increases gastric juices, and helps relieve gas, nausea, vomiting, and morning sickness.

Peppermint contains essential oils that stimulate the gallbladder to secrete its store of bile, which the body uses to digest fats. This makes peppermint a wonderful digestive aid for heavy meals. Mint also improves the function of the muscles that line the stomach and intestines, relieves diarrhea, and has a calming, numbing effect on the entire GI tract.

Personally, **I find peppermint to be the strongest anti-spasmodic and pain reliever** of all the herbs, and when an IBS attack flares I really appreciate its noticeable whole-body mild relaxing effect as well. On a daily basis I find peppermint more effective (and certainly more enjoyable) than prescription anti-spasmodic drugs, particularly when it's brewed as a very strong tea.

However, it's **amazing to taste and feel the difference between high volatile oil [Peppermint Tummy Tea](#) formulated specifically for helping IBS symptoms** versus regular peppermint tea brands.

For **immediate** relief of IBS spasms and abdominal pain, I always have **[a strong, hot cup of Peppermint Tummy Tea](#)**.

In all the years I've struggled with IBS, nothing - and I do mean nothing - has worked better and faster to flat out stop IBS pain in its tracks. I keep Peppermint Tummy Tea on hand at home, at work, in my luggage, and even in the car.

Not everyone is subject to **sudden, severe attacks of IBS pain**, but if you are (and I

am) I can't recommend anything more fervently than this tea. If your IBS can come out of nowhere, and have you on the floor begging for help this very second because you can't wait minutes, Peppermint Tummy Tea is your new best friend.

But does it really **have to be Peppermint Tummy Tea**? Why not just any regular brand of mint tea?

There is a world of difference between high volatile oil Tummy Tea and typical store brands. Every other peppermint tea brand I've seen is simply meant to be enjoyed as a "nice hot cup of tea", for drinking pleasure. This is NOT the case with Peppermint Tummy Tea.

Peppermint Tummy Tea is unique for several reasons:

* **Extremely high volatile oil levels.** Why does this matter? Because the volatile oil has the components within the peppermint leaf that yield the medicinal benefits. The higher the volatile oil level, the stronger the cup of tea, and the **greater the benefit for IBS** symptoms.

Our Peppermint Tummy Tea (on [sale at 10% off](#)) has a **volatile oil content of 3%** for the second year in a row. This is the highest level our farmer has ever seen for mint (1.8% to 2.0% is considered high)!

You can actually **see the oil rising to the surface** of the peppermint leaves in the field. This is what our farmers watch for so they know when to harvest the fields at the optimum volatile oil level. In the close up below, one of our peppermint plants has tiny little droplets of oil surfacing on its leaves, which are visible in the photo. When I was out in our fields right before harvest, the whole expanse of peppermint looked like it was glistening. It was not only beautiful, but the smell and taste of the fresh leaves was more potent than I ever would have imagined.

Take a look at the pictures below and you can **see for yourself!**



[Close Up of Volatile Oil Droplets on Our Peppermint Leaves](#)



[Our Gorgeous Organic Peppermint Fields Before Harvest!](#)

Our Peppermint Tummy Tea also has:

* **Very large leaf size** for peppermint (cut and sift grade, the largest cut available in the organic market). Other teabag brands use "teabag cut" herbs, which are very finely milled. This is so the tea will flow through teabag machines. But, the more finely you cut an herb, the more volatile oil is released and dissipated, and the weaker the final cup of brewed tea will be. (We actually **customized our own teabag machines** so that we could run large leaf peppermint through our machines.)

* **Special jumbo-size teabags**, which give an average of **three times more peppermint per bag** as other brands.

* Our peppermint is **USDA certified organic**. This means, among other things, that it is guaranteed free of: pesticides, fertilizers, herbicides, GMO (genetically modified organisms), preservatives, additives, irradiation, and there is no animal testing.

Organic materials and processing are significantly more expensive (for example, bulk organic peppermint costs four times more than conventionally grown peppermint). But, our tea prices are actually **significantly less expensive** than non-organic brands.

In addition, a comprehensive review of 97 published studies (published as the "State of Science Review" by The Organic Center) comparing the nutritional quality of organic and conventional foods has shown that organic plants contain higher levels of 8 of 11 nutrients studied, including significantly greater concentrations of the health-promoting polyphenols and antioxidants. This review concluded that **organically grown plants are 25% more nutrient dense**, on average, than conventionally grown plants.

* Peppermint Tummy Tea is **packed in very generous quantities**, as it is meant to be used daily for IBS symptoms. There are 36 Peppermint Tummy Teabags per canister (and a full pound of peppermint in the Peppermint Loose Pouch). This is **3-4 times more teabags per container** than other brands, which means you will have enough tea on hand to use it regularly, which is how it works best for IBS.

The end result? Peppermint Tummy Tea is **exponentially stronger and more effective, and a better value**, than other brands.

For me, medicinal-strength peppermint tea has what it takes to stop an IBS attack in its tracks. [Peppermint Tummy Tea](#) is the only brand of high volatile oil tea for IBS I know of, and one sip is all it takes to tell the difference.

It isn't enough to get a great value for your IBS treatments - you also **have to get great results**. For abdominal pain, spasms, and cramping, Peppermint Tummy Tea offers both. Try it and see for yourself!

~ Heather



[Organic High Volatile Oil Peppermint Tummy Tea Bags](#)

Extraordinary Quality ~ Very Economical

Peppermint is great for IBS pain & spasms.



**Shop at Heather's Tummy Store for IBS
HelpForIBS.com**

- [Fennel Tummy Tea](#) ~ *the best* for bloating and gas
- [Peppermint Oil Caps](#) ~ clinically proven for IBS pain, gas and cramps!
- The best-selling [IBS books](#) available
- [Peppermint Tummy Tea](#) ~ high volatile oil content for calming the gut!
- [Acacia Tummy Fiber](#) ~ the *unique* prebiotic organic soluble fiber for IBS
- [The IBS Audio Program](#) ~ gut-directed hypnotherapy that *breaks the cycle* of stress and anxiety related IBS

The only store that's *just for IBS* - so we only carry the very best

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